

THE UNITED STATES STRENGTHLIFTING CHAMPIONSHIPS IN PORTLAND OREGON



THE GYM - WELCOME TO STRENGTH UNION

Strength Union would like to welcome competitors from around the world as they compete for the title of Champion. We are located at 1777 SE Pershing St in Portland Oregon. Contact us at info@strengthunion.com. For more info: strengthunion.com



HOTELS

Hotels

River's Edge Hotel Portland

4 Star Hotel

455 S Hamilton Ct, Portland, OR 97239

503- 802-5800

Jupiter NEXT

4 Star Hotel

900 E Burnside St

Portland, OR 97214

503-230-9200

Kex Portland

3 Star Hotel

100 NE Martin Luther King Jr Blvd

Portland, OR 97232

971-346-2922

Marriot Portland Downtown

3 Star Hotel

888 SW 3rd Ave

Portland, OR 97204

503-223-2100

Motel 6 Portland (Closest Location to the Gym)

3104-06 SE Powell Blvd

Portland, OR 97202

503-238-0600

Banfield Studios

3800 NE Sandy Blvd

Portland, OR 97232

503-841-5477

Also consider using AirBnB. There is a lot of extremely unique and fun places to stay in Portland and the surrounding areas. Stay anywhere near downtown Portland, Milwaukie, or Sellwood for a quick trip to the gym.

RESTAURANTS

Portland is consistently voted the best food city for good reason. You could eat at different restaurant 3 meals a day for an entire year and not run out of good places!



Personal Favorites

Carts on Foster

Food carts are a staple of Portland. Delicious food, huge variety, excellent cost. Something for everyone.
5205 SE Foster Rd, Portland OR 97206

Stepping Stone Cafe

"You eat here because we let you." Featured on the first episode of man vs food. I can't recommend the pancakes or the smothered badass omelet enough.
2390 NW Quimby St – Portland OR 97210

Lardo

Proudly celebrating excess, Lardo his home to amazing sandwiches, burgers, premium cocktails, and lots of beer.
1205 SW Washington ST – Portland OR
1212 SE Hawthorne Blvd – Portland OR

High End Restaurant

Andina

"Food born of love." Andina draws from the native culinary traditions of Peru as well from the contemporary cooking of Peru's leading chefs.
1314 NW Glisan ST – Portland OR 97209

Portland City Grill

Enjoy the view of Portland from the 30th floor as you enjoy the best seafood, steak and farm-fresh food the city has to offer.
111 SW 5th Ave 30th Floor – Portland OR 97204

Moderately Priced Restaurant

The Screen Door

A celebration of southern cuisine weaved in with the rich bounty of local fresh produce from the Pacific Northwest. The chicken and waffles are 10/10.
2337 E. Burnside St – Portland OR 97214

Hot Yai

Inspired by the streetside fried chicken and curry of southern Thailand. Consistently rated as one of the top restaurants in all of Portland.
1605 NE Killingsworth St – Portland OR 97211
503-654-2222

Podnah's Pit BBQ

Texas Style BBQ. 2011 Restaurant of the year. I recommend the "Pit Boss" with the cornbread and baked beans.
1625 NE Killingsworth – Portland OR

Close to the Venue

Botto's BBQ
Rudy's Gourmet Pizza
Hopworks Brewery
PDX Pad Thai Dining
Romero's Kitchen – Mexican Food
Papa Haydn
Limelight Restaurant and Lounge

Honorable Mentions:

Toro Bravo – Upscale Spanish restaurant in NE Portland.
Pine State Biscuits – Perfect flaky biscuits-based meals in SE Portland
Afuri – Japanese Ramen in SE Portland
Verde Cochina – Family, friends, food. Accessible, delicious, healthy food
Beast – Rotating six course award winning meal in NE Portland
Salt and Straw – Ice cream. Avoid lines, cut ahead and buy a freezer pint
Voodoo Donuts – Famous atypical donut shop
Le Pigeon – Fine French dining in E Portland.
Country Cat – Comfort food in NE Portland

BARS AND MORE

Portland is consistently voted one of the best beer cities in the nation. Not only that but it is home to several excellent distilleries. There are far too many to choose from but I will try to get you pointed in the right direction.



Personal Favorites

Westward Whiskey

My personal favorite whiskey. Go on a tasting tour in the heart of Portland and enjoy some of the best local spirits in the state.

65 SE Washington St. – Portland OR 97214

Whiskey Library

The Whiskey Library holds an exhaustive collection representing all major, and less, styles of distilled spirits known to the modern world. \$\$\$\$

1124 SW Alder ST – Portland OR 97205

Kennedy School – McMenamins

Hotel, Restaurant, Bar, and Salt Soaking tubs. This location alone has something like 6 uniquely themed bars. Couldn't recommend more.

Ground Kontrol

The west coasts premium classic arcade and bar. Over 100 classic games and 40 pinball machines.

115 NW 5th Ave – Portland OR

Breweries

Gigantic Brewing

A fun hangout for a house-brewed beer and ales.

5224 SE 26th Ave – Portland OR 97202

Breakside Brewery

With locations all over Portland, including Milwaukie, its easy to find a good selection of beers.

5821 SE International Way – Milwaukie OR 97222

Lauralwood Public House and Brewery

Close to the venue with a good selection of house-brewed beers and pizza.

6716 SE Milwaukie Ave – Portland OR 97202

Bars

Church

Gothic Church themed bar featuring many signature cocktails and southern accented fare.

2600 NE Sandy Blvd – Portland OR 97232

The River Roadhouse

No-frill sports bar with pool tables, pinball machines, live music, and jumbo beer mugs.

11921 SE 22nd Ave – Milwaukie OR 97222

The Slammer Tavern

A self-proclaimed dive bar near the center of the city.

500 SE 8th Ave – Portland OR 97214

Psychic Bar

Located in an old Victorian house with spacious seating and Indian Fare.

3560 N Mississippi Ave – Portland OR 97227

Hale Pele

The House of the Volcano Goddess is Portland's top Tiki experience. Best Mai Tai in the city.

2733 NE Broadway – Portland OR 97232

Teardrop Cocktail Lounge

In the heart of the Pearl district lies the multi-award winning Teardrop Cocktail Lounge. Amazing cocktails with new and exciting arrangements.

1015 NW Everett St – Portland OR

Close to the Venue

Brookly Park Pub

Clinton Street Pub

Beat Paw Inn

Kirkin Tavern

Ship's Ahoy Tavern

ATTRACTIONS AND PLACES TO VISIT

Within 90 minutes of travel the city of Portland is near the ocean, the mountains, the deserts, and a large number of rivers, streams, lakes, and parks. In addition, there are several notable museums, zoos, historical site, and more.



Personal Favorites

Multnomah Falls – Hiking in the Gorge

It November so it's probably going to be cold. But if you are willing to brave the weather the hiking in the Gorge is both close and amazing. This waterfall is a site to behold.

Located on the Historic Columbia River Highway and I-84

Portland Zoo

Founded in 1888, the Oregon zoo is the oldest zoo west of the Mississippi. It currently under a fair amount of renovation but makes for a fun day regardless.

4001 SW Canyon Rd – Portland OR 97221

Powell's City of Books

Home of the largest independent chain of bookstores in the world. You need a map just to find your way around the store!

1005 W Burnside St – Portland OR 97209

Attractions

Japanese Gardens

5.5 Acres of serene garden space with waterfalls, Japanese architecture, and mountain views.

611 SW Kingston Ave – Portland OR 97205

Pittock Mansion

Built in 1914 the Pittock Mansion contains the legacy of one of Portland most influential families.

3229 NW Pittock Drive – Portland OR 97210

Portland Art Museum

Founded in 1892, the Portland Art Museum is the oldest museum on the west coast and one of the 25 largest in the nation.

1219 SW Park Ave – Portland OR 97205

Forest Park

With 5200 acres, Forest Park is the largest urban forest in the United States. Brave the weather for over 80 miles of hiking trails.

Portland Children's Museum

Adjacent to the Oregon Zoo, the Children's Museum seeks to create transformative learning experiences through the arts and sciences. For children of all ages.

4015 SW Canyon Rd – Portland OR 97221

Timberline Lodge

Trek up Mt. Hood to Timberline Lodge. Enjoying amazing brunch, hiking trails, and skiing. Call for snow conditions: 503-222-2211

27500 E Timberline Rd – Government Camp OR 97028

Portland Spirit

Enjoy lunch and dinner as you cruise around Portland waterways.

110 SE Caruthers St – Portland OR 97214

Silver Falls

Once again, if you are willing to brave the November weather you are unlikely to see more gorgeous, gigantic waterfalls in such a small area. Take the full loop with 16 different falls, the highest of which is 178 feet tall.

Seaside Beach

Not the time to be taking a swim in the ocean, but seaside has a lot to offer with beaches, food, attractions and more.

Seaside OR

Portland Saturday Market

Open both Saturday and Sunday, the Portland Saturday Market is the most popular tourist attraction in Portland. Arts, Crafts, Food, Entertainment, Beer and more is on display on the Waterfront of Portland's historic old town.

**SEE YOU IN PORTLAND ON NOVEMBER 11TH FOR THE
STRENGTHLIFTING CHAMPIONSHIPS!**

